

# Snohomish County Diabetes Statistics, 2003



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Prevalence (adults 18+ years)	Snohomish County		Washington State	
	Percent (95% CI) <sup>1</sup>	Number of adults	Percent (95% CI) <sup>1</sup>	Number of adults
	6.4 (5.2, 7.9)	26,978	6.6 (6.2, 7.1)	303,283

Risk Factors (adults 18+ years without diabetes)	Snohomish County	Washington State
	Percent (95%CI) <sup>1</sup>	Percent (95%CI) <sup>1</sup>
Overweight or obese <sup>2</sup>	57.9 (54.8, 61.0)	56.8 (55.8, 57.8)
Insufficient physical activity <sup>3</sup>	36.3 (33.4, 39.4)	35.8 (34.9, 36.8)
Smoke cigarettes	19.4 (17.1, 22.0)	19.8 (19.0, 20.6)
History of high blood pressure <sup>4</sup>	18.6 (16.4, 21.0)	20.8 (20.1, 21.5)
History of high cholesterol <sup>4</sup>	29.6 (26.6, 32.7)	31.1 (30.2, 32.1)

Hospitalizations <sup>5</sup> (with complications of diabetes)	Number of hospitalizations	Age-adjusted rate per 10,000 total population (95% CI) <sup>1</sup>		Crude rate per 10,000 people with diabetes	
	Snohomish County	Snohomish County	Washington State	Snohomish County	Washington State
Diabetes as first listed diagnosis	580	9.6 (8.8, 10.4)	9.6 (9.4, 9.9)	211.3	191.3
Diabetes as any listed diagnosis	6,359	116.3 (113.5, 119.3)	118.4 (117.5, 119.3)	2,317.0	2,293.6
→ with coronary heart disease	1,863	35.8 (34.2, 37.5)	36.3 (35.8, 36.8)	678.8	693.1
→ with stroke	538	10.5 (9.6, 11.4)	10.1 (9.9, 10.4)	196.0	190.9
→ with diabetic ketoacidosis	281	4.4 (3.9, 5.0)	3.9 (3.8, 4.1)	102.4	78.9
→ with lower extremity amputation	111	2.0 (1.7, 2.5)	1.9 (1.8, 2.0)	40.4	160.7

Deaths <sup>5</sup>	Number of deaths	Age-adjusted rate per 100,000 total population (95% CI) <sup>1</sup>		Crude rate per 100,000 people with diabetes	
	Snohomish County	Snohomish County	Washington State	Snohomish County	Washington State
Diabetes as underlying cause	125	24.2 (20.1, 28.9)	26.0 (24.7, 27.4)	455.5	494.4
Diabetes as any cause	363	71.5 (64.3, 79.4)	77.1 (74.9, 79.4)	1,322.6	1,460.9

<sup>1</sup>Data presented as: percentage or rate (95% confidence interval).

<sup>2</sup>Overweight=body mass index (BMI) 25.0-29.9 kg/m<sup>2</sup>, obese=BMI 30.0+ kg/m<sup>2</sup>.

<sup>3</sup>Insufficient physical activity=reported level of physical activity during leisure time or at work does not meet Centers for Disease Control and Prevention (CDC) recommendations of moderate-intensity activity for 30+ minutes on 5+ days/week or vigorous-intensity activity for 20+ minutes on 3+ days/week

<sup>4</sup>Told by doctor, nurse, or other health professional had high blood pressure and/or high cholesterol.

<sup>5</sup>Rates are not computed for counts <5. Rates based on fewer than 20 deaths or hospitalizations are likely to be unstable or imprecise.

Please see <http://www.doh.wa.gov/cfh/diabetes/publications/Face%20Page.pdf> for a description of data sources and methods used to develop these county profiles (includes estimates of total diabetes population for each county that are used to compute the hospitalization and death rates per people with diabetes).